



ARMY FAMILY TEAM BUILDING FORT LEONARD WOOD, MISSOURI NEWS LETTER—1ST QUARTER 2007

http://www.fortleonardwoodmwr.com/acs_army_family_team_building.htm



Happy Birthday AFTB!



I. AFTB Birthday Celebration: AFTB hit 12 years old on 15 December; full story on page nine. *Photo left: COL Megnia, the Garrison Commander poses with AFTB Instructors and Volunteers during the AFTB Birthday Celebration. From left to right: Michele Richardson, Krista Morrison, Chris-sie Lance, Joe Krill, COL Megnia, Shari Jackson, Debbie Griffin, Samantha Frasier, Karen Adrade-Foreman, Channa Ringo, Gary Erwin, Ann Van Zee, Leslie Moe, Brandy Hunter and Jean Graves.*

II. Upcoming AFTB Level Training: Call the AFTB Team at 596-0753 or stop and see us at the Pershing Community Center to register for AFTB today. Childcare will be provided on site for our evening classes and at the Child Development Center for our day time classes.

Level I:	9-10 JAN	1720-2200	Pershing Community Center
Level I:	23-24 JAN	0900-1500	Pershing Community Center
Level II:	20-23 FEB	0900-1500	Pershing Community Center
ITC:	5-7 MAR	0900-1400	Pershing Community Center
Level III:	19-22 MAR	0900-1500	Pershing Community Center

It is NOT necessary to take these classes in any order, if you are interested, don't wait call us today and register for the next available class and get started with the AFTB program!

III. AFTB Level I: AFTB Level I (a.k.a. Army 101) was offered on 10-11 October from 0900-1500 at the Pershing Community Center and on 24-25 October from 1720-2200. Participants learned the Army Basics; from understanding commonly used acronyms, how to tell military time and how to read a LES. Not only did the students learn valuable information they also met new friends and discovered how important and useful Army Family Team Building is to their success as soldiers, military spouses and civilian employees.



Picture above: From left to right are Stephanie Welsh, Alison Evangelista, Vesteria Pegues, Mary Virginia Stroud, Leslie Moe, Kristi Ronje and Kyleen Oxendine—the graduating class of 10-11 October. Pictured below: From left to right are CPT Gennelle Lee, Joy Velazquez, Chelsea Brueggemeyer, Rusty Jordan, Shelby Sumner, Tara Priddis, Kristy Vagnier, Eve Black, Jenny Williams, Pauline Breck and SSG Ernest Moore – the graduating class of 24-25 October.



Graduates from all AFTB Level Training earn a DA Certificate of Training signed by COL Megnia, the Garrison Commander. This certificate can be used for promotion points for soldiers, can be used for resume building and is uniformly recognized from military installation to installation as legitimate training documentation.



Pictures above Level I Graduates Receive DA Certificates of Training: Left: Rusty Jordan and SSG Gary Erwin, the FLW AFTB Volunteer Program Manager. Center: Kyleen Oxendine, SSG Gary Erwin and AFTB Instructor Debbie Griffin. Right: CPT Gennelle Lee with SSG Erwin. Military Spouses and Active Duty Soldiers all participate and benefit from Army Family Team Building.

IV: Instructional Aids: AFTB Instructors use a variety of techniques to ensure students learn and understand the material. Everyone learns differently; some students are audio learners, some are visual learners and some are kinetic. AFTB Instructors want to ensure all students are reached during their classes by utilizing different activities, audio visual aids and exercises.



Pictures above: Counter clockwise: Chelsea Brueggemeyer constructs and labels Maslow's Hierarchy of Needs Pyramid. Eve Black catches the acronym ball during Level I and is asked to define the acronym under her thumb. Kristy Vagnier labels Maslow's Hierarchy of Needs during a Level II module. Patricia Stevens, Tara Priddis, Pauline Breck, Eve Black, Cheyrl Serrani and Kristy Vagnier work on a group project during Level II. Tara Priddis is forced out of her comfort zone by presenting group findings during Level I. Vesteria Pegues and Ally Evangelista work independently on a class exercise.

- V. AFTB Instructors: Our AFTB Instructors are the volunteers who make our program great.
- ▼ They are as diverse as America itself, they come from all over the country, speak different languages and have come to AFTB for different reasons. The diversity of our instructors enhances our program by bringing a unique perspective to each class taught. Some of our instructors are also active duty, veterans and retirees who enhance training by enabling students to understand the Army from the Soldier's perspective. No matter what their education, experience or ethnicity each instructor is a valued member of the AFTB Program at Fort Leonard Wood. Our instructors are rewarded with professional development and training opportunities, AFTB incentive items and Department of the Army Awards and recognition. If you are interested in becoming an AFTB Instructor enroll in our Instructor Training Course offered 5-7 March 2007 by calling 596-0753.



Some of our Instructors pictured clockwise: Angela Tuazon, Leslie Moe, Kristin Seholm, Jean Graves, Chana Ringo and Karen Andrade-Foreman pose for an Instructor photo. Jean Graves talks one-on-one with Shelby summer during Level I. Michelle Richardson smiles while students discuss the topic. Krista Morrison, listens to student feedback. Debbie Griffin, talks with Cheryl Serrani and Kristy Vagnier during a group exercise. SSG Gary Erwin, the AFTB Volunteer Program Manager, prepares for class and tends to administrative issues during Level III Training. Joe Krill pauses for a photo during his class.



VI. Guest Speakers and Subject Matter Experts: During the AFTB Level Training we often invite subject matter experts to instruct modules to enhance the subject matter and materials. We truly thank these individuals for taking time out to support our program and for sharing their vast expertise in certain areas with our students.



Thanks

THANK YOU

Guests and Subject Matter Experts pictured clock wise are: Ms. Marcia Perry, the ACS FRG Coordinator, instructs a module on Family Readiness Groups during Level II Training. CPT John Evangelista and ISG Dallas Stone spoke to Level II students as guest speakers during a module on Military Rank and Command Structure. Ms. Angela Steidly is an AFTB Master Trainer and the ACS Financial Readiness Officer. She instructed Level I students on Family Financial Readiness. Ms. Rita McIntosh of the Fort Leonard Wood, Public Affairs Office provided Level III students information on effective media relations. MAJ (CH) Alex Brown teaches a module on Crises and Grieving to all FLW Level II students. Thank you again for enriching our program with your knowledge and expertise.

VII. Level II Training: The Fort Leonard Wood AFTB Program offered AFTB Level II on 13-16 November from 1645-2200. We offer Level II in the evenings every other quarter to ensure everyone has the opportunity to attend our next Level II Training will be 20-23 February from 0900-1500. Level II is for individuals who have an interest in gaining or enhancing their leadership skills. The Level II curriculum includes such classes as: Enhancing Relationship Building, Communication, Conflict Management, Group Dynamics, Meeting Management, Family Readiness Groups and much, much more.

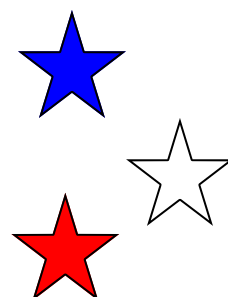
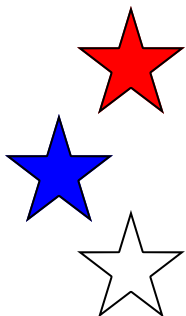
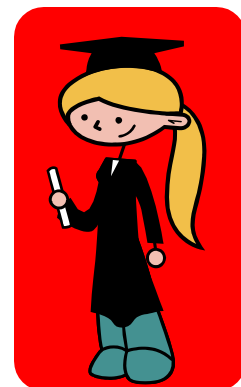


The graduates of AFTB Level II November 2006: Photo Above: Eve Black, Cheryl Serrani, Emilio Carrillo, Pauline Breck, Patricia Stevens, Mary Virginia Stroud, Ally Evangelista, Tara Priddis, Instructor, Krista Morrison, Shelby Sumner, Christine Russell and Chelsea Brueggemeyer. Jean Graves presents DA Certificates of Training to Level II graduates: Patricia Stevens (left), Christine Russell (right), Emilio Carrillo (near left and Mary Virginia Stroud (far right). Kristy Vagnier and Pauline Breck laugh during a brainstorming exercise about time management (lower left).



VIII. New Level II Curriculum: The Army has updated and revised the AFTB Level II Curriculum. We've gotten rid of some classes, we have one new module and all others have been updated and revamped to reflect issues facing soldiers and families of today's Army. The classes offered now are: Communication, Personal Time Management, Stress Management, Acknowledging Change, Exploring Personality Traits, Enhancing Personal Relationships, Team Dynamics, Personal Conflict Management, Creative Problem Solving, Traditions, Customs, Courtesies and Protocol, Crisis, Coping and Grieving, The Volunteer Experience, Family Readiness Groups and the Deployment Cycle and Introduction to Leadership. Be the first on your block to experience it, by attending Level II Training 20-23 February from 0900-1500. To register contact us at 596-0753 and as always free child care is available.

IX. Level III Training: The Fort Leonard Wood AFTB Program offered Level III Training on 4-7 December from 1730-2200 at the Pershing Community Center. All of our Level II graduates participated in this training which is geared towards those interested in advanced leadership courses. Below Level III graduates sport AFTB Incentive Items a reward for their hard work and dedication to the AFTB Program. *Pictured below are from front to back, left to right: Ally Evangelista, Krista Morrison, Christine Russell, Chelsea Brueggemeyer, Jean Graves, Pauline Breck, Samantha Whittaker, Patricia Stevens, Shelby Sumner, Emilio Carillo, Tara Priddis and Eve Black.*



X. Thoughts from our students: When asked: How has AFTB benefited you? Our students replied:

"AFTB has benefited me by providing helpful information and allowing me the chance to meet new people" - Samantha Whittaker

"It has allowed me to meet new friends and network. I've learned how the military works and how to get things done in the system." - Eve Black

"Given me the ability to meet new people. As a new comer I've learned tons about the Army. I've learned about myself and my leadership style. And it made me feel welcome at Fort Leonard Wood." - Christine Russell

I've learned a great deal about myself and met some great friends doing it!" - Tara Priddis

Come to the next available AFTB Class and see how AFTB can benefit you. See the first page for details on upcoming classes. Don't be left out, come and join us for fun and education all rolled into one. Impress your friends and family with the knowledge you will acquire from AFTB.

XI. PROGRAM MANAGER'S CORNER

(George Watlington Jr., AFTB Program Manager, 596-1671)

On 16 Dec 06, Army Family Team Building (AFTB) celebrated its 12th birthday. AFTB is a global training and education program designed to improve family and Soldier readiness. AFTB contributes to the Army mission by educating and training the Army family to be self-sufficient leaders within their communities. AFTB Level I focuses on the basic skills and knowledge needed to successfully live and adapt to the military lifestyle. Level II prepares participants to grow into community leaders. Finally, Level III goes into inspiring and mentoring others into leadership positions.

For Soldiers

- "A Soldier confident in the self-sufficiency of their family is a Soldier confident and fully engaged in the mission"
- Soldiers can earn up to four (4) promotion points by completing AFTB Level I and other Army Community Services training (40 hours required).

For Families/Spouses

- Learn the mission of the Army, the National Guard, and the Army Reserve and how their Soldier fits in the total Army picture
- Learn about the many different military and civilian resources available to them
- Opportunities for professional development and self growth - (local and HQDA level)

For Commanders and 1SG's

- Family Readiness Group Enhancer – Training incorporates information needed for all phases of deployment (pre-deployment, deployment and post deployment/reunion)
- AFTB contributes to the overall well-being of the Soldier and the Army family. An educated, self-reliant family facilitates Soldier readiness and family satisfaction.



To all of our
AFTB Volunteers
*Merry Christmas
& Happy New Year ☺*



XII. AFTB Birthday Celebration (cont. from page 1): The FLW AFTB program celebrated in true birthday fashion, with cake, balloons, friends and fun. To thank the volunteers for all of their hard work and dedication throughout the year COL Megnia, the Garrison Commander, presented each with a certificate of appreciation. Volunteers, instructors and ACS staff members handed out balloons and cake to Soldiers and their families at the Fort Leonard Wood, Main Exchange on Friday 15 December to inform them about the AFTB Program and the benefits associated with it for Soldiers and family members.

(Pictured above from left to right, top to bottom AFTB Instructors, volunteers, staff and supporters enjoy the birthday celebration: Joe Krill smiles with a bunch of balloons; COL Megnia, Jill McCoy, and Lynn Morgan discuss the festivities; Jean Graves, Debbie Griffin and Chrissie Lance, enjoy the camaraderie; Krista Morrison thanks Usa Iverson, with a hug for all of her support; Sharon Thomas, and Lynn Morgan cut the cake; Leslie Moe prepares ribbons for balloons behind the scenes; Ann Van Zee arrives ready to celebrate; Gary Erwin and his wife Gina enjoy a piece of cake; Jean Graves and George Watlington serve cake and sodas to any and all; Brandy Hunter smiles after delivering the AFTB Birthday Cake; Samantha Frasier stops for a photo.)



XIII: Corporate Sponsorship: During the past year, the Fort Leonard Wood AFTB Program has been fortunate to have three corporate sponsors who have enabled us to provide the quality training we have prided ourselves on. The financial sponsorship of First Command Financial Planning and Jones Investment Group and the Fort Leonard Wood Thrift Shop have allowed us to provide meals for students, training and incentive items for our volunteers and enabled us to continue to provide child care for our students during budget cuts this summer. We took an opportunity to formally recognize all three of our sponsors at the AFTB Birthday Celebration on 15 Dec 2006. (Pictured Top to bottom: COL Megnia presents DA Certificates of Appreciation to the AFTB Sponsors, Joe Krill, Renate Cooke and Beth Abernathy from the Fort Leonard Wood Thrift Shop; Samantha Frasier and Rick Morris from Jones Investment Group and Susan Boudreaux and Amber Hoaglund from First Command.)

